

FOOD VALUE CHART

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In this chart, the protein, minerals, and vitamins are expressed in percentages of the amount recommended for an active man as furnished by the amount of food stated (usually one serving). We have grouped foods in this chart much as they are grouped in the National Food Guide or Basic 7, i.e. as (1) green and yellow vegetables, (2) citrus fruits and other foods high in ascorbic acid, (3) other vegetables and fruits, (4) dairy products, (5) meats, poultry, fish, dry beans, peas, nuts, eggs. With group 6, bread, cereals, flours, we have included some unenriched products as well as enriched and whole grain products, so that the food values of these may be compared. Similarly, in group 7, values are included for fats and oils which contain no vitamin A as well as for butter and fortified margarine. An eighth group, sweets, has been added. Within each group of foods, figures for the nutrient most often associated with the group are arranged in descending order, i.e. items in the group of green and yellow vegetables are arranged in order of vitamin A value; items in the groups of citrus fruits and other vegetables and fruits are arranged in order of ascorbic acid content.

Since no two foods have identical values, the figures chosen for each group of foods may not fit equally well all items included in the group. Some of the differences in the nutritive values of foods are caused by variety, methods of storage, growing conditions, and preparation. Therefore, any table of average food values indicates only the approximate amount of each nutrient you may expect to obtain from a serving of the food.

With the help of this chart you can (1) learn the special values of each group of foods, (2) select good sources of a given nutrient and, (3) estimate roughly the amounts of various nutrients in a diet to compare with the recommended dietary allowances as listed in table 1.

To learn the special values of a group of foods: Find the food group in the left hand column. Read across the page. Figures representing important sources of each nutrient are printed in bold face type. Thus in the group of green and yellow vegetables, carrots, winter squash, and pumpkin are good sources of vitamin A value and contribute relatively little of other nutrients, whereas the cooked leafy greens are good sources not only of vitamin A value but of iron, vitamin C, and riboflavin also.

Used in this way, the chart should help you to understand the Basic 7 and to see that the foods in each group are similar in their important contributions although they vary appreciably in food value. If you know the relative nutritive values of various foods, you need not adhere too closely to a rule of thumb such as the Basic 7, but will be able to substitute intelligently when there are shortages or surpluses of certain food groups.



NUTRITIVE VALUE OF FOODS

| Foods | Amount | Food Energy Calories | Protein |
|--|---------------------------|-------------------------|---------|
| I. Green and Yellow Vegetables | | | |
| Sweet Potato | 5 ounces, 1 medium | 185 | |
| Cooked Greens, e.g. Beet Greens, Chard, Kale, Spinach | 3½ ounces, 1/2 cup | 25 | |
| Carrots, Winter Squash, Pumpkin | 3½ ounces, 1/2 cup | 35 | |
| Broccoli | 2½ ounces, 1/2 cup | 25 | |
| Salad Greens, e.g. Escarole, Endive, Leaf Lettuce | 2 ounces, 1 serving | 10 | |
| Green Asparagus, Green Snap Beans ... | 3 ounces, 1/2 cup | 20 | |
| Peas, cooked | 3½ ounces, 2/3 cup | 70 | |
| Green Peppers, cooked | 2 ounces, 1 medium | 15 | |
| II. Citrus Fruits, and Other Foods High in Ascorbic Acid | | | |
| Grapefruit, Orange, Lemon, or Straw- berries, juice or pulp | 1/2 cup, 1 serving | 50 | |
| Cantaloupe | 3½ ounces, 1/4 of one | 20 | |
| Cabbage, raw | 2 ounces, 1/2 cup | 10 | |
| Pineapple, fresh | 3½ ounces, 2/3 cup, cubed | 50 | |
| Tomatoes | 3½ ounces, 1/2 cup, scant | 20 | |
| III. Other Vegetables and Fruits | | | |
| Vegetables | | | |
| Brussel Sprouts, cooked Cabbage, Cauliflower § | 3½ ounces, 1 serving | 25 | |
| Rutabagas, Turnips | 3½ ounces, 2/3 cup | 30 | |
| Potatoes, Irish | 5 ounces, 1 medium | 120 | |
| Green Lima Beans | 3½ ounces, 3/5 cup | 95 | |
| Beets, Parsnips, Onions | 3½ ounces, 3/5 cup | 45 | |
| Corn, Sweet | 3½ ounces, 3/5 cup | 85 | |
| Eggplant, Summer Squash | 3½ ounces, 1 serving | 20 | |
| Cucumber, Head Lettuce | 2 ounces, 1 serving | 10 | |
| Fruits | | | |
| Blackberries, Blueberries, Raspberries | 3½ ounces, 3/4 cup | 60 | |
| Bananas | One | 90 | |
| Apricots, Peaches (raw) | 3½ ounces, 1 serving | 50 | |
| Pineapple, canned | 3½ ounces, slice | 80 | |
| Apples, Cherries, Pears, Plums | 3½ ounces, 1 serving | 60 | |
| Rhubarb or Cranberry Sauce, sweetened | 3½ ounces, 2/5 cup | 175 | |
| Grapes, Grape Juice | 24 grapes, 1/2 cup juice | 70 | |
| Apricots, dried, unsweetened | 10 halves | 100 | |
| Dates, Figs, Prunes, Raisins | 1 ounce, 1 serving | 90 | |
| IV. Dairy Products | | | |
| Milk, whole, pasteurized | 1 cup | 165 | |
| Milk, skimmed, Buttermilk | 1 cup | 90 | |
| Cheese, American cheddar | 1 ounce | 115 | |

OF SOME COMMON FOODS*

| Food Energy Calories | Protein | Minerals | | Vitamins | | | |
|--|----------|----------|----------|-----------|----------|------------|---------------|
| | | Calcium | Iron | Vitamin A | Thiamine | Riboflavin | Ascorbic Acid |
| Percentage of the amount recommended for a physically active man per day + | | | | | | | |
| Number | Per cent | Per cent | Per cent | Per cent | Per cent | Per cent | Per cent |
| 185 | 3 | 6 | 10 | 200 | 6 | 3 | 35 |
| 25 | 3 | † | 20 | 150 | 3 | 10 | 35 |
| 35 | 3 | 3 | 6 | 150 | 3 | 3 | 6 |
| 25 | 3 | 10 | 10 | 50 | 3 | 6 | 70 |
| 10 | — | 3 | 6 | 20 | 3 | 3 | 10 |
| 20 | 3 | 3 | 6 | 15 | 6 | 6 | 15 |
| 70 | 6 | 3 | 15 | 15 | 15 | 6 | 20 |
| 15 | — | — | 3 | 10 | 3 | 3 | 75 |
| 50 | — | 3 | 3 | — | 3 | 3 | 70 |
| 20 | — | 3 | 3 | 60 | 3 | 3 | 40 |
| 10 | — | 3 | 3 | — | 3 | 3 | 35 |
| 50 | — | 3 | 3 | 3 | 6 | 3 | 30 |
| 20 | — | 3 | 6 | 20 | 3 | 3 | 25 |
| 25 | 3 | 3 | 10 | 3 § | 3 | 3 | 35 |
| 30 | — | 6 | 3 | 3 | 3 | 3 | 25 |
| 120 | 3 | 3 | 10 | — | 10 | 3 | 25 |
| 95 | 6 | 3 | 15 | 6 | 10 | 6 | 20 |
| 45 | 3 | 3 | 6 | — | 3 | 3 | 10 |
| 85 | 3 | — | 6 | 6 | 6 | 6 | 10 |
| 20 | — | — | 3 | 3 | 3 | 3 | 10 |
| 10 | — | — | 3 | 3 | — | 3 | 6 |
| 60 | 3 | 3 | 6 | 3 | 3 | 3 | 30 |
| 90 | 3 | — | 6 | 10 | 3 | 3 | 15 |
| 50 | — | — | 6 | 20 | 3 | 3 | 10 |
| 80 | — | 3 | 6 | 3 | 3 | — | 10 |
| 60 | — | — | 3 | 3 | 3 | 3 | 6 |
| 175 | — | — | 3 | — | — | — | 6 |
| 70 | — | — | 3 | — | 3 | 3 | 3 |
| 100 | 3 | 3 | 15 | 60 | — | 3 | 3 |
| 90 | — | 3 | 10 | — | 3 | 3 | — |
| 165 | 13 | 36 | 2 | 8 | 6 | 26 | 4 |
| 90 | 13 | 36 | 2 | — | 6 | 26 | 4 |
| 115 | 11 | 26 | 2 | 8 | — | 8 | — |
| 100 | 11 | 26 | 2 | — | — | — | — |

| | | |
|--|-------------------------------|-----|
| Milk, whole, pasteurized | 1 cup | 165 |
| Milk, skimmed, Buttermilk | 1 cup | 90 |
| Cheese, American cheddar | 1 ounce | 115 |
| Cheese, cottage | 3½ ounces, scant 1/2 cup | 100 |
| Ice Cream, vanilla | 2/3 cup | 200 |
| Cream, coffee (20 per cent fat) | 1/4 cup | 120 |
| V. Meats, Poultry, Fish, Dry Beans, Peas, Nuts, and Eggs | | |
| Meats and Poultry (weighed as purchased) | | |
| Beef, Lamb, Veal, Poultry | 1/4 pound, 1 serving | 300 |
| Pork | 1/4 pound, 1 serving | 300 |
| Liver | 3 ounces, 2 slices | 120 |
| Heart | 3 ounces, 1 serving | 100 |
| Tongue, medium fat | 3 ounces, 3 slices | 200 |
| Fish (weighed as purchased) | | |
| Low fat, e.g. Cod and Haddock | 1/4 pound, 1 serving | 80 |
| Medium fat, e.g. Halibut | 1/4 pound, 1 serving | 125 |
| High fat, e.g. Salmon and Tuna | 1/4 pound, 2/3 cup | 175 |
| Oysters | 1/2 cup, 1 serving | 100 |
| Eggs | | |
| One, medium | | 75 |
| Dry Beans and Peas, Nuts | | |
| Beans, Peas | 1 ounce dry, 1/2 cup cooked | 100 |
| Nuts, (including Peanuts and Peanut Butter) | 1/2 ounce, 1 tablespoon | 100 |
| VI. Breads, Cereals, and Flours | | |
| Bread, whole wheat or enriched | 1 slice | 65 |
| Flour, enriched or whole wheat | 1 cup | 400 |
| Flour, cake, pastry | 1 cup | 365 |
| Whole grain breakfast Cereals, converted or brown Rice | 1 ounce dry or 3/4 cup cooked | 100 |
| Cornmeal, Crackers, Farina, Macaroni, Noodles, Rice, Spaghetti ¶ | 1 ounce dry or 3/4 cup cooked | 100 |
| VII. Fats and Oils | | |
| Butter, Fortified Margarine | 1 tablespoon | 100 |
| Cooking Fats, Salad Oils | 1 tablespoon | 115 |
| Mayonnaise | 1 tablespoon | 100 |
| Bacon, broiled | 1/2 ounce, 2 strips | 100 |
| Raw Bacon, Salt Pork, Fatback | 1 ounce | 180 |
| VIII. Sugars, Molasses, and Chocolate | | |
| White Sugar | 1 cup | 770 |
| Molasses | 1 cup | 770 |
| Chocolate, unsweetened | 1 ounce | 140 |

*The figures in this chart have been adapted from those in "The Composition of Foods," Agriculture Research Service, Washington, D.C.

†The amounts recommended for a 25-year-old man, i.e. values equal to 100 per cent in this chart are: 5000 I.U. vitamin A, 1.6 mg. thiamine (vitamin B₁), 1.6 mg. riboflavin, and 75 mg. ascorbic acid (vitamin C).

‡Dark green leaves all contain calcium but in some cases this is not available. Consult a reliable source for more information.

§Any of the vegetables in this group which are green would have more vitamin A value than is indicated.

◇If soft bones are eaten, calcium value is higher than is indicated. Red salmon is higher in vitamin A than is indicated.

¶Some of these foods may be enriched; if they are, the label on the package will include this information.

| | | | | | | | |
|-----|----|-----|-----|-----|----|-----|----|
| 90 | 13 | 36 | 2 | 8 | - | 26 | - |
| 115 | 11 | 26 | 2 | 8 | - | 8 | - |
| 100 | | | | | | | |
| 165 | 13 | 36 | 2 | 8 | 6 | 26 | 4 |
| 90 | 13 | 36 | 2 | - | 6 | 26 | 4 |
| 115 | 11 | 26 | 2 | 8 | - | 8 | - |
| 100 | 30 | 12 | 2 | - | - | 20 | - |
| 200 | 6 | 15 | - | 10 | 3 | 12 | - |
| 120 | 3 | 8 | - | 10 | - | 5 | - |
| | | | | | | | |
| 150 | | | | | | | |
| 300 | 30 | - | 20 | - | 6 | 10 | - |
| 300 | 30 | - | 20 | - | 35 | 15 | - |
| 120 | 25 | - | 35 | 600 | 10 | 140 | 20 |
| 100 | 20 | - | 30 | - | 25 | 40 | - |
| 200 | 20 | - | 20 | - | 6 | 15 | - |
| | | | | | | | |
| 80 | 25 | - | 6 | - | 3 | 6 | - |
| 125 | 25 | - | 6 | - | 3 | 6 | - |
| 175 | 25 | 30 | 10 | 30 | 3 | 6 | - |
| 100 | 20 | 15 | 55 | 6 | 10 | 15 | - |
| 75 | 10 | 3 | 10 | 10 | 3 | 10 | - |
| | | | | | | | |
| 100 | 10 | 3 | 15 | - | 6 | 3 | - |
| 100 | 6 | 3 | 3 | - | 3 | - | - |
| | | | | | | | |
| 65 | 3 | 3 | 3 | - | 4 | 3 | - |
| 400 | 18 | 3 | 27 | - | 30 | 18 | - |
| 365 | 10 | - | 3 | - | 3 | 3 | - |
| 100 | 6 | - | 6 | - | 6 | 3 | - |
| 100 | 3 | - | 3 | - | 3 | - | - |
| | | | | | | | |
| 100 | - | - | - | 10 | - | - | - |
| 115 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 100 | - | - | - | - | - | - | - |
| 100 | 6 | - | 3 | 0 | 6 | 3 | 0 |
| 180 | 3 | - | 3 | 0 | 6 | 3 | 0 |
| | | | | | | | |
| 770 | 0 | 0 | - | 0 | 0 | 0 | 0 |
| 770 | - | 120 | 160 | 0 | 20 | 15 | 0 |
| 140 | 3 | - | 10 | - | - | 3 | 0 |

s," Aquaculture Handbook No. 8, U.S.D.A. A dash in the column indicates only a trace of the nutrient.

this care: 65 gm. protein, 0.8 gm. calcium, 12 mg. iron, ascorbic (vitamin C).

ult a detailed table of food values for specific greens.

o than listed.

her in A than the other fish in this group.

de this information.

To select good sources of a given nutrient: Find the nutrient at the top of the column. Read downward, noting food groups for which the figures are relatively large, especially the figures in bold face type. Thus you will see that fruits and vegetables are our chief sources of vitamin C, and that other foods provide little or none. If citrus fruits and tomatoes are scarce or expensive, a good selection of other fruits and vegetables will meet the need for this vitamin.

To estimate roughly the amounts of various nutrients in a diet: Write down, as accurately as you can, the amounts of various foods eaten in a day by the family member about whose diet you are particularly concerned. To save time in calculating, add together all like items, such as the number of slices of bread or number of cups of milk. Using the figures in the chart, calculate the approximate values for each kind of food. For example, if a 5-year-old child has had 3 cups of milk in the day, write down 39 under protein, 108 under calcium, 6 under iron, 24 under vitamin A, 18 under thiamine, 78 under riboflavin, and 12 under ascorbic acid. When you have calculated all the food items eaten in one day by the particular person concerned, compare the totals for one day with figures in table 1, which represent the appropriate allowances. Thus, to meet the allowances for a 5-year-old child, protein should total at least 77, calcium 125, iron 67, and so on. A daily average for foods eaten on several days will give you a better idea of the nutritive value of the diet than will figures for one day only.

We did not express the calorie values of the foods as percentages of the recommended allowances because the caloric needs of individuals vary so greatly with their size and activity. The easiest way to judge whether or not you are getting enough calories, provided the rest of the diet is adequate, is to observe your body weight. If a normal person eats more calories than he needs, the excess will be deposited as body fat; if too few calories are eaten, he will not have enough body fat for good health.

Even though we recognize that the calorie values of products such as pies and cakes vary widely depending on the ingredients used, an approximate figure for some of the higher calorie dishes is often useful. Following are a few examples: ¹

| FOOD | AMOUNT | CALORIES |
|---|---------------------|----------|
| Meat or cheese sandwich | 2 slices of bread | 200-300 |
| Pie | 1/7 of a 9-inch pie | 250-400 |
| Jams or jellies | 1 tablespoon | 50 |
| Candy | 1 ounce | 100-150 |
| Carbonated beverage | 7-ounce bottle | 95 |
| Butter cake, frosted | 1 2-inch square | 250-350 |
| Sponge or angel cake, unfrosted | 1 serving | 125 |
| Pudding such as cornstarch, tapioca, etc. | 1/2 cup | 200 |

¹ For more detailed information consult: Food Values in Common Portions. U.S.D.A., Bureau of Human Nutrition and Home Economics, Washington, D. C. April 1951.

Table 1. The Score, or Percentage, Recommended for Each Member of the Family

| Age | Weight | Height | Protein | Minerals | | Vitamins | | | |
|--------------------------------|--------|--------|---------|----------|------|----------|----------------|-----------------|-----------------------|
| | | | | Calcium | Iron | A | Thia- mine* | Ribo- flavin | Ascor- bic Acid |
| Men* | lb. | in. | | | | | | | |
| 25 | 143 | 67 | 100 | 100 | 100 | 100 | 100 | 100 | 100 |
| 45 | 143 | 67 | 100 | 100 | 100 | 100 | 88 | 100 | 100 |
| 65 | 143 | 67 | 100 | 100 | 100 | 100 | 75 | 100 | 100 |
| Women* | | | | | | | | | |
| 25 | 121 | 62 | 85 | 100 | 100 | 100 | 75 | 88 | 94 |
| 45 | 121 | 62 | 85 | 100 | 100 | 100 | 63 | 88 | 94 |
| 65 | 121 | 62 | 85 | 100 | 100 | 100 | 63 | 88 | 94 |
| Pregnant (last 3 mo.) | | | 123 | 188 | 125 | 120 | 94 | 125 | 133 |
| Nursing (28 fl. oz.) | | | 154 | 250 | 125 | 160 | 94 | 156 | 200 |
| Children up to 9 years† | | | | | | | | | |
| 10 mo. - 1 yr.‡ | 22 | 30 | 54 | 125 | 50 | 30 | 32 | 56 | 40 |
| 1-3 | 27 | 34 | 62 | 125 | 58 | 40 | 38 | 63 | 47 |
| 4-6 | 40 | 43 | 77 | 125 | 67 | 50 | 50 | 75 | 67 |
| 7-9 | 59 | 51 | 92 | 125 | 83 | 70 | 63 | 94 | 80 |
| Boys† | | | | | | | | | |
| 10-12 | 78 | 57 | 108 | 150 | 100 | 90 | 81 | 113 | 100 |
| 13-15 | 108 | 64 | 130 | 175 | 125 | 100 | 100 | 131 | 120 |
| 16-20 | 139 | 69 | 154 | 175 | 125 | 100 | 119 | 156 | 133 |
| Girls† | | | | | | | | | |
| 10-12 | 79 | 57 | 108 | 150 | 100 | 90 | 75 | 113 | 100 |
| 13-15 | 108 | 63 | 123 | 163 | 125 | 100 | 81 | 125 | 107 |
| 16-20 | 120 | 64 | 115 | 163 | 125 | 100 | 75 | 119 | 107 |

* Allowances are for active adults of the height, weight, and age stated. Since thiamine allowances vary with food energy needs, thiamine allowances for young adults may be generous for the "white-collar" worker.

† Allowances for children are based on the needs for the middle year in each group (as 2, 5, 8, etc.) and are for moderate activity and for the height and weight stated.

‡ In this table, allowances for younger infants have been omitted. At 10 months, most infants are weaned and are eating a variety of foods included in the Food Value Chart.

To compare the recommended allowances for various family members:

In table 1, recommended allowances for protein, minerals, and vitamins are expressed in percentages of the amount recommended (table 2) for an active 25-year old man, 5 feet 7 inches tall, weighing 143 pounds.² The diet of such a man meets the recommended allowances for the nutrients listed if it scores 100 or more for protein, 100 or more for each mineral and vitamin, and supplies enough calories to maintain a satisfactory weight.

Look down the column under each nutrient, and compare the figures given for various family members. Note, for example, that protein allowances for adolescent boys and girls are greater than the father's protein allowance, and that the mother, when she is pregnant or nursing a baby, needs more calcium than any other family member.

² For further description of the activity of this "reference" man, consult Recommended Dietary Allowances, revised 1953, National Research Council Publication No. 302.

Table 2. Amount of Each Nutrient Which the National Research Council* Recommends for Each Member of the Family.
Only the Nutrients Listed in this Food Value Chart Are Included

| Age | Weight | Height | Food Energy Calories† | Protein | Minerals | | Vitamins | | | |
|--------------------------------|--------|--------|-----------------------|-----------|----------|------|----------|----------|------------|---------------|
| | | | | | Calcium | Iron | A | Thiamine | Riboflavin | Ascorbic Acid |
| | lb. | in. | | gm. | gm. | mg. | I. U. | mg. | mg. | mg. |
| Men | | | | | | | | | | |
| 25 | 143 | 67 | 3200† | 65 | 0.8 | 12 | 5000 | 1.6 | 1.6 | 75 |
| 45 | 143 | 67 | 2900 | 65 | 0.8 | 12 | 5000 | 1.4 | 1.6 | 75 |
| 65 | 143 | 67 | 2600 | 65 | 0.8 | 12 | 5000 | 1.2 | 1.6 | 75 |
| Women | | | | | | | | | | |
| 25 | 121 | 62 | 2300† | 55 | 0.8 | 12 | 5000 | 1.2 | 1.4 | 70 |
| 45 | 121 | 62 | 2100 | 55 | 0.8 | 12 | 5000 | 1.0 | 1.4 | 70 |
| 65 | 121 | 62 | 1800 | 55 | 0.8 | 12 | 5000 | 1.0 | 1.4 | 70 |
| Pregnant (last 3 mo.) | | | Add 400 | 80 | 1.5 | 15 | 6000 | 1.5 | 2.0 | 100 |
| Nursing (28 fl. oz.) | | | Add 1000 | 100 | 2.0 | 15 | 8000 | 1.5 | 2.5 | 150 |
| Children up to 9 years‡ | | | | | | | | | | |
| 10 mo. - 1 yr.§ 22 | 30 | 30 | lb. x 45 | lb. x 1.6 | 1.0 | 6 | 1500 | 0.5 | 0.9 | 30 |
| 1-3 | 27 | 34 | 1200 | 40 | 1.0 | 7 | 2000 | 0.6 | 1.0 | 35 |
| 4-6 | 40 | 43 | 1600 | 50 | 1.0 | 8 | 2500 | 0.8 | 1.2 | 50 |
| 7-9 | 59 | 51 | 2000 | 60 | 1.0 | 10 | 3500 | 1.0 | 1.5 | 60 |
| Boys‡ | | | | | | | | | | |
| 10-12 | 78 | 57 | 2500 | 70 | 1.2 | 12 | 4500 | 1.3 | 1.8 | 75 |
| 13-15 | 108 | 64 | 3200 | 85 | 1.4 | 15 | 5000 | 1.6 | 2.1 | 90 |
| 16-20 | 139 | 69 | 3800 | 100 | 1.4 | 15 | 5000 | 1.9 | 2.5 | 100 |
| Girls‡ | | | | | | | | | | |
| 10-12 | 79 | 57 | 2300 | 70 | 1.2 | 12 | 4500 | 1.2 | 1.8 | 75 |
| 13-15 | 108 | 63 | 2500 | 80 | 1.3 | 15 | 5000 | 1.3 | 2.0 | 80 |
| 16-20 | 120 | 64 | 2400 | 75 | 1.3 | 15 | 5000 | 1.2 | 1.9 | 80 |

* National Research Council Publication No. 302, Recommended Dietary Allowances, revised, 1953.

† Values in this column indicate roughly the relative calorie needs of various family members. Allowances for young adults may be too high for "white-collar" workers. Calorie intake is adequate for children if they grow normally; for adults if they maintain a satisfactory weight.

‡ Allowances for children are based on the needs for the middle year in each group (as 2, 5, 8, etc.) and are for moderate activity and for the height and weight stated.

§ In this table, allowances for younger infants have been omitted. At 10 months most infants are weaned, and are eating a variety of foods included in the Food Value Chart.

Niacin has been omitted from the Food Value Chart and from tables 1 and 2, because a liberal intake of good quality proteins will make up for a lack of niacin in the diet. Vitamin D has been omitted since it may be obtained from exposure to sunshine as well as from food.

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